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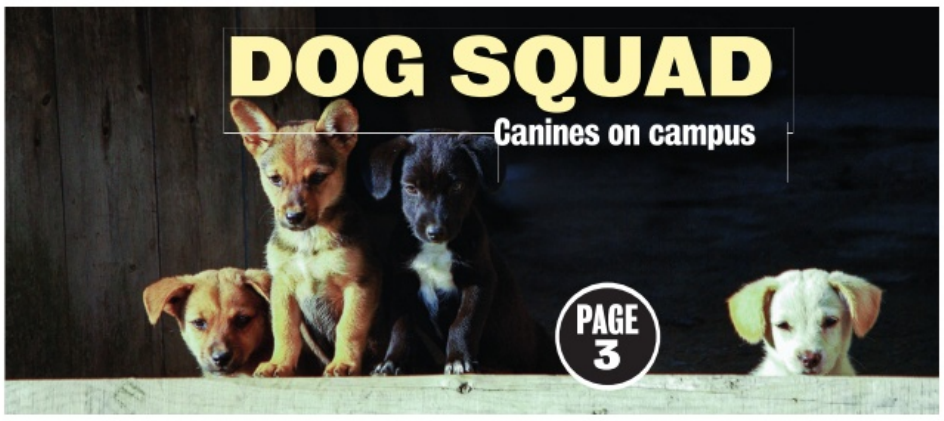
Bangalore Mirror

TEMP Max 26 | Min 19 | Humidity 93% Generally cloudy sky Sensex 59,085 | Nifty 17,604 | Gold 51,518 | Silver 55,212 | Dollar 79.76 | Euro 79.53 | GBP 94.11



All of Bengaluru's civic grievances shall be resolved from Integrated Command and Control Centre from September first week, Smart City says

GET A FIX!

ICCC integrated with 14 govt depts, set up at a cost of Rs 96 crore

Iffath.Fathima
@timesgroup.com
TWEETS @BangaloreMIRROR

The Integrated Command and Control Centre (ICCC) of Bengaluru Smart City Limited (BSCL) will be open to the public in the first week of September. The command and control centre brings 14 different government departments under one umbrella.

Back in March, BSCL officials had stated that the ICCC shall go live in 100 days from then; however, with much delay, now the BSCL has said the system will be inaugurated, as rescheduled, in the beginning of September.

The ICCC by and large will help in addressing public grievances. There have been instances of citizens left confused about where to lodge varied complaints or each department having a separate control room that is difficult to reach out to, and so on. The ICCC will help in bringing 14 departments under one control room where citizens can raise all their issues instantly and seek quicker resolution.

The project comes under the Government of India's Smart Cities Mission, where 100 cities are being developed in order to improve citizen services with modern technology for ease of living.

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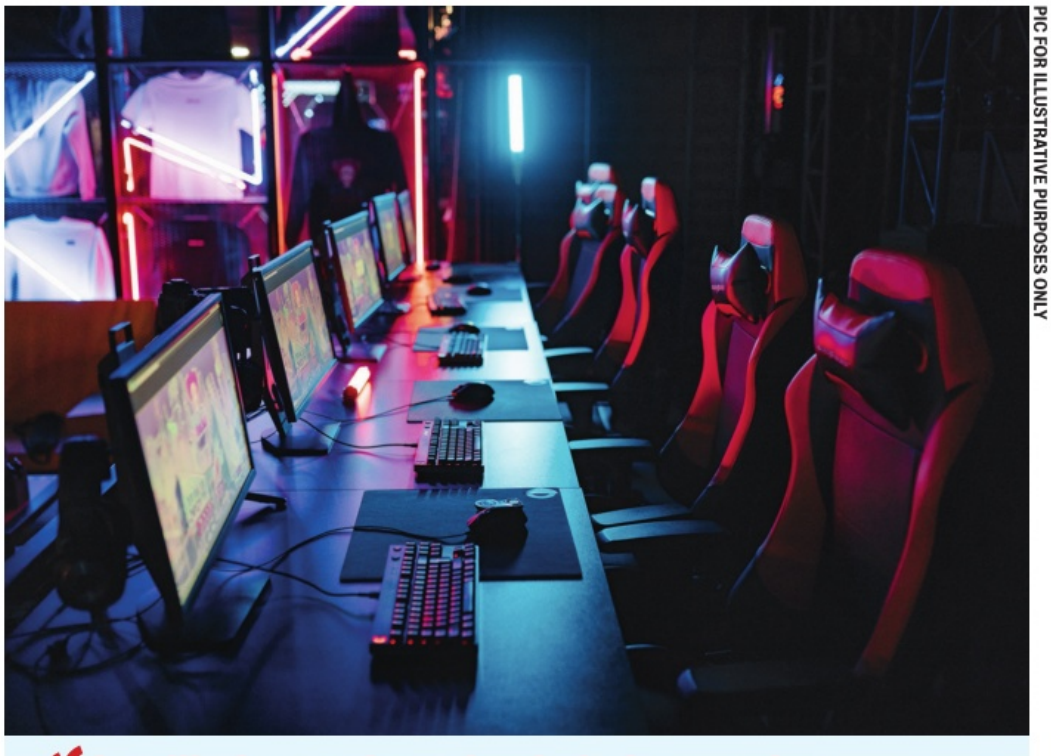

PIC FOR ILLUSTRATIVE PURPOSES ONLY

"It will play a pivotal role in improving liveability... by ensuring efficient service delivery and quicker response to emergencies, crisis situations and hazards

– Susheelamma, joint managing director, BSCL

Covid Candid

To tackle post-covid anxiety, opt for alternative therapies, experts say

Saumyangi Yadav
c-saumyangi.yadav@timesgroup.com
TWEETS @BangaloreMIRROR

Many individuals are still struggling with post-covid anxiety and other mental health issues triggered by pandemic-induced self isolation. Experts point to the high cost of therapy and the lack of a sufficient number of mental health professionals on call to attend to the rising requirement.

Practitioners are of the view that if a person is unable to afford psychotherapy, alternative methods like yoga, meditation, journaling or self-help books can help to cope with post-covid anxiety.

"The discussion and need for these methods came up when there was a huge demand for therapy in the past two years, but the number of professionals in the field wasn't enough. In India, if you want to be a therapist, you need to be registered at the Rehabilitation Council of India. Due to the strict criteria, there are hardly enough qualified and trained mental health professionals in the country; and the cost of therapy is very high. Now, to find a solution, people have started opting for alternative methods that have proven to be successful with mild cases of anxiety and depression which were very common during the pandemic," said Dr Mahesh Gowda, consultant psychiatrist.

Dr Gowda noted that some of these methods can be very effective; for example, yoga and journaling.

CONTINUED ON PAGE 8 »

3 THINGS TO DO

01 Magical tunes

Phoenix Marketcity Bengaluru is all set to host a mesmerizing performance and musical night with the sensational artists Sachet and Parampara for the very first time.
The duo has delivered many hits in Hindi films including Toilet: Ek Prem Katha, Yamla Pagla Deewana Phir Se, Batti Gul Meter Chalu, Pal Pal Dil Ke Paas, Kabir Singh, Jersey & Tanhaji. With their engrossing tunes, Sachet and Parampara will definitely make the evening a magical one.
Where: Courtyard - Phoenix Marketcity
When: Aug 27, 06:00 pm; Tickets: Bookmyshow.com

02 Family tales

Antharanga presents Kailasam's humourous play "Home Ruleoo" directed by YV Gundu Rao and "Kailasam Jhalak" by YV Gundurao. The play revolves round hapless husband sandwiched between a dominating wife and nagging mother. It has got all ingredients of Kailasam's wit and humour. **Where: Prabhat KH Kala Soudha, Ramanjaneya Temple Campus, Hanumantha Nagar; When: August 27, 7 pm**
Tickets: 9880914509/ 9986911321

03 Hold the mushrooms

Families feud. But how do you repair these ties if one of them no longer wants to or can say the words to mend them? Hold the Mushrooms is a dramedy that explores this theme and how people cope with the aftermath of life-altering events that can throw a spanner in the works of any resolution. The play is a light-hearted look at how they deal with the consequences of these events and why "Sorry" can be the hardest word to say to a loved one. **Where: Jagriti Theatre, Whitefield**
When: Aug 27, 28, multiple slots
Tickets: bookmyshow.com

The murky underbelly of B'luru's wastewater

Health surveillance platform finds that some of sewershed sites have increased viral load of covid-19

Iffath Fathima
Iffath.Fathima@timesgroup.com
TWEETS @BangaloreMIRROR

Monitoring sewage daily is an effective tool to detect and track the spread of covid-19 as the virus is known to be found in human waste

A health surveillance platform that monitors wastewater and its impact on covid-19 outbreaks has indicated that some of the sewershed sites have increased the viral load of covid-19 in the city. The portal does this by collecting and analysing the wastewater samples to detect the presence of SARS-CoV-2.

The platform, Precision Health, under the umbrella of COVIDActionCollab, hosts a city-wide early warning system through wastewater surveillance as a guide to local governments or municipalities to regularly monitor sewage for the presence of the covid virus.

The platform can also be used to monitor other pathogens of pandemic proportions, antimicrobial resistance, illicit opioid use, etc.

It has been known that testing sewage can be an effective tool for monitoring covid-19, as the virus is first detected in faeces. Hence, by monitoring the sewage on a daily basis, the presence of virus can be detected.

The samples are collected twice a week for each drain site and four times a month for the sewershed sites. The team of Precision Health has been collaborating with various departments like The Bruhat

Bengaluru Mahanagara Palike, Bangalore Water Supply Sewerage Board, health and Family Welfare department, Karnataka State Pollution Control Board and Karnataka Urban Water Supply and Drainage Board.

One of their findings include: out of the 28 sewershed sites that are being tracked, five sewershed sites have increasing wastewater viral load. The sewershed sites of Kengeri, Rajcanal, Hebbal, K&C Valley, Doddabelle have seen a viral increase by 40 per cent or more from the last week or increased by 25 per cent in the last two weeks.

The viral RNA load in the human waste, which is collected as sewage or wastewater, can be used as a readout/proxy to estimate the prevalence of the disease in the community. Dr Angela, Chaudhuri, health lead, COVIDActionCollab, Bengaluru said, "It is important for one to understand that if the strain is spreading, then people around should take all the precautionary measures. One must be careful and cautious and watch out for any symptoms. This is the only open dashboard which allows the public to see the places with high viral load."

> **"After the sample results are received, they are sent to government departments**
> – Dr Angela Chaudhuri, health lead, COVIDActionCollab

In spite of the covid numbers being low, the viral load detected in places shows the necessity for caution. The places linked to these sites denote the population that has been vulnerable to getting infected.

The wastewater surveillance, however, cannot tell us the number of individuals currently infected with covid-19. But with the data collected and trends identified, that information can help to track the progression of the virus in communities and inform public health strategy.

"After the sample results are received, the data is forwarded to the government departments, after which they carry out measures to bring down the outbreak. We have even started to check on the monkeypox and H1N1 strain," added Dr Chaudhuri.

No, clean air may not be a costly dream

Saumyangi Yadav
c-saumyangi.yadav@timesgroup.com
TWEETS @BangaloreMIRROR

Air pollution is one of the biggest problems for India. A recent report published by the US-based research organization Health Effects Institute (HEI) mentions that India houses 18 of the 20 cities with the most severe increase in fine particle pollutants (PM2.5) from 2010 to 2019.

Many believe the solutions are often expensive. But that may not always be the case as experts pointed out at the India Clean Air Summit-2022 in Bengaluru. "Solar cells and Leadership in Energy and Environmental Design (LEED)-certified buildings are the two basic approaches that Indians can use to minimize air pollution levels," said Ajai Sirohi, Chief Development Officer, Toray Industries India. "For India, there are a few low-cost solutions: firstly, we should try to regulate solar

With life back to normal, air pollution is a Bengalurean's everyday nightmare (file)

cells on rooftops in all large residential and commercial buildings. Solar energy in India is abundant and we are hardly utilising it."

Another solution is having a common heating, ventilation, and air conditioning (HVAC) system. If you have a building with 1000 flats, chances are you have around 3000 windows or split ACs. Imagine the energy they consume and how inefficient that is. If we have HVAC units at the top of the tower and it was included in the maintenance it would be much cheaper for the people as well as good for the environment, Sirohi added.

IR-Reflective Pigment technology was also discussed. "We should incorporate IR-Reflective Pigments in construction and road building materials to prevent absorption of solar rays by surfaces. I think titanium dioxide is not very expensive and can be used," said Sirohi. "Over 80 lakh premature deaths can be avoided between now and 2050, because of asthma, cardiovascular and respiratory diseases," said Ukla Kelkar, Director (Climate), World Resources Institute India.

However, Kelkar added that these low-cost solutions can only help keep the air pollution level in check for the short term.

The centre aims to achieve about 50 percent cumulative electric power installed capacity from non-fossil fuel-based energy resources by 2030.

Animal activists in panel to rein in dogs of NIMHANS campus

Activists say if stray dogs are fed regularly, number of bite cases will come down

Y Maheswara Reddy
c-y.reddy@timesgroup.com
TWEETS @BangaloreMIRROR

If Bruhat Bengaluru Mahanagara Palike (BBMP) Animal Husbandry Department takes measures, as promised to Karnataka High Court, the number of dog bites or complaints against dogs at NIMHANS premises is expected to come down considerably.

The BBMP and NIMHANS have constituted an Animal Coordination Committee with animal activists as members to ensure a harmonious environment on the campus that is spread over 240 acres. Recently, the BBMP counsel submitted an affidavit to the High Court elaborating the measures taken to monitor the stray dogs at the NIMHANS premises.

"The meeting of the Animal Coordination Committee is being held once in one or two months. We are sending our representatives to the meeting. We are implementing whatever measures are suggested to ensure harmonious ambience on the NIMHANS premises," said BBMP Animal Husbandry Additional Director Dr MG Halli Shivaram.

He said that the necessary measures were taken to control the population of stray dogs on the NIMHANS premises. "We have made arrangements for sterilisation of stray dogs," he said.

Venkatesh Kamath feeding stray dogs at NIMHANS premises

Preksha Talwar and Lalita Kamath feeding strays

Meanwhile, animal activists opine that authorities can bring down dog bites incidents if measures are taken to feed stray dogs not only at the NIMHANS premises but also other parts of the city.

Venkatesh Kamath, an animal activist who along with his wife and a volunteer feeds around 80 dogs on a daily basis, said that the authorities should make arrangements for feeding the stray dogs to avoid dog bites. "I am of the opinion that dogs that have sufficient food will not bite people. They become friendly with humans. Starved dogs will get angry quickly and try to attack or bite people when provoked," said Kamath.

He said that his wife Lalitha and her friend Preksha Talwar also feed dogs on the NIMHANS premises. "We feed stray dogs near NIMHANS Hospital and Convention Centre and other vacant places on the premises. We do not visit residential quarters to feed stray dogs. There are around 100 stray dogs on the premises and earlier there were around 200 stray dogs," he said, adding that NIMHANS Registrar is a kind person and understands the problems of stray dogs.

Meanwhile, Arun Prasad, an animal activist from Wilson Garden, said that stray dogs from NIMHANS premises cannot be relocated and any attempt to relocate the dogs would be a violation of Supreme Court order.

"Dogs should not be relocated from one place to the other as it would spread rabies and also cause injuries to the relocated dogs when attacked by other dogs in the locality," said Arun Prasad.

Woman, associate arrested for engineer's kidnap

The Byatarayanapura police, on Wednesday, arrested a 30-year-old woman who along with three associates had abducted a civil engineer and extorted a ransom of Rs 25 lakh at gunpoint. The accused Pushpa, who runs an NGO, is said to have lured the victim and offered to get him government projects and tenders using her high level contacts and invited him home on August 18 on the pretext of discussing the projects.

The accused persons then later tied the civil contractor's hands and legs, gagged him and tortured him demanding a ransom of Rs 4 crore. The accused later brought down the ransom amount to Rs 25 lakh after several rounds of negotiation and asked him to inform his family or friends to bring the amount. Soon after the money came, the victim was released. Pushpa had threatened the victim that she would file a rape complaint against him, if he tells this to anyone or goes to the police. **BMB**

POCSO case quashed after 'compromise'

The Karnataka High Court has quashed criminal proceedings against a 23-year-old man facing charges under the Protection of Children from Sexual Offences (POCSO) Act and rape charges under the Indian Penal Code (IPC).

The 17-year-old victim had married him after reaching 18 and the couple even had a child while the case was pending in a Sessions Court.

The HC said the prosecution can "hardly prove the guilt against the petitioner," under the circumstances.

"If the victim is going to turn hostile in a trial at a later point in time and the petitioner gets acquitted of all the offences, the sword of crime would have torn the soul of the accused. It is not the end result that is painful or otherwise, but the process in the criminal justice system that generates such pain," the HC observed.' Ignoring the prosecution's opposition, the HC said it was appropriate to accept the settlement. **PTI**

Tracking missing person, police crack murder mystery

Bellie.Thomas
@timesgroup.com
TWEETS @Bellie_MIRROR

Missing person cases are often seen as last priority, as police believe that the missing person would come back after they hit a dead-end. But that was not to be, at least in this case in Chamrajpet that was reopened after West Division's Deputy Commissioner of Police Laxman B Nimbargi insisted that it be investigated. The missing case turned out to be a murder.

Based on the instruction from the DCP during the recent crime review meeting, the Chamarajapet police, was able to crack a murder case of 43-year-old woman which they had registered under missing complaint in July last year. the murder case was also registered a year ago in Halagur police station in Mandya where the victim woman's body was found, but the accused was unknown in the case. While probing the missing case, the murder case in Mandya was also detected, and the police have arrested a 35-year-old rowdy-sheeter and his woman associate on Wednesday.

Victim Chandrakala used to work at a gunny bags factory and was staying alone at a rented house in Chamrajpet. The accused Lakshmi (38) knew Chandrakala for around one and half years as she was also working at the factory. She had noticed Chandrakala was alone and had some gold jewellery. So she hatched a plan with her husband's friend Narayana G, a rowdy sheeter to kill and rob Chandrakala.

A detailed questioning led her to confess to the crime following which the police arrested her associate rowdy sheeter Narayana G

As per the plan, Lakshmi offered to get Chandrakala herbal medicine from a quack at a village in Muthathi and took her to Halaguru along with Narayana at the outskirts of Mandya district last year on July 27.

After reaching Mullaiana Katte, the duo strangled her and crushed her head with a boulder to conceal her identity. The accused then took her bag and checked to find no valuables. Though Lakshmi had told Chandrakala to wear her jewellery, she left behind her gold chain, pair of bangles and gold ring at her home this time. So the accused returned home with Chandrakala's phone.

Lakshmi had removed the SIM card and put it in her phone to call Chandrakala's relatives and tell them that she was going to get a herbal treatment in Mandya.

Few days later, the Halaguru police recovered the highly decomposed unidentified body and registered a case of murder. They were unable to probe due to lack of clues. Meawhile, a relative of Chandrakala filed a missing complaint with the Chamarajapet police. Recently, the police recovered her call record details and to their surprise found that the last call was made by Lakshmi on Chandrakala's phone two days after she was killed. The police also found that Chandrakala's phone was being used with a different SIM card. On suspicion, the police tracked down the phone user and she turned out to be Lakshmi. A detailed questioning led her to confess.

Pedestrian crossings: BBMP steps on brakes

People have been asking BBMP to install raised pedestrian crossings in Kanakapura Road for many years; agency blames delayed work on rains

Saumyangi Yadav
c-saumyangi.yadav@timesgroup.com

TWEETS @BangaloreMIRROR

Kanakapura Road is located in a busy part of the city that has several metro stations; it is also an accident-prone area

For several years, residents of Kanakapura Road have been urging authorities to construct a high-rise pedestrian crossing (HRPC) at several junctions along the road. However, no action has been taken so far.

Abdul Aleem, president, Changemakers of Kanakapura Road (CMKR) Association, told Bangalore Mirror that for years the responsibility is being shifted from one authority to another. "We started asking for the pedestrian crossings when BMRCL first started metro construction along the road. At first, we had written a letter to them. In 2020, they said that the work for roads and footpaths at Kanakapura is in progress and will be completed in under one month. However, the work was handed over to BBMP in 2021," he said.

Situated in the southern corner of Bengaluru, the road is a busy stretch of the city that has several metro stations. Due to that, it also happens to be an accident-prone area.

"There have been several accidents, out of which three or four were fatal. It is very dangerous for pedestrians as the vehicles move at a very high speed. There are apartments, schools, community lots, and hospitals along the road. Pedestrian safety must be ensured," he added.

Following a road accident and constant insistence by people, the traffic police have also written several letters to the BBMP.

Kuldeep Kumar R Jain, Deputy Commissioner of Police, Traffic West Division, said, "We have issued a letter and now it is their responsibility to take action as soon as possible. High-rise pedestrian crossings ensure pedestrian safety, but they can also slow the traffic, so they have to be placed scientifically with planning." Venkatesh, Traffic Police Inspector, Kumaraswamy Layout Police Station, said that they had also written a letter to the BBMP in December 2021, asking them to take necessary action. However, there has been no follow-up on the situation.

VK Srivatsa, Secretary, CMKR Association, said that residents in the area are stressed about the safety of children and senior citizens. He also said that there is no proper pedestrian crossing from Konanakunte Cross Metro Station till Nice Road junction, and the work has been pending for years despite several requests.

> **"There have been several accidents, out of which three or four were fatal. Vehicles move at a very high speed**
> – Abdul Aleem, Changemakers of Kanakapura Road

Raised pedestrian crossings are flat-top speed humps with a crosswalk mark that help pedestrians safely cross the road and also act as a speed bump for vehicles.

B S Prahalad, Chief Engineer (Road and Infrastructure), BBMP, told Bangalore Mirror that the work will be taken up soon.

"We get demands for HRPCs from so many locations. Under the new budget, we have received an order to construct at least 100 HRPCs in the city.

However, it has been raining continuously since the month of May, so the work is getting delayed. In fact, in the past 10 days when it did not rain as much, we have constructed 7 HRPCs at several locations. Work at Kanakapura Road will be taken up on priority."

Fear of heavy damage on BGS flyover

Melvin Mathew
c-melvin.mathew@timesgroup.com

TWEETS @BangaloreMirror

Despite signs prohibiting entry of HMVs on the Bala Gangadhara Swamy flyover, commuters say that several continue to use it

With many flyovers undergoing repair work, citizens are raising their eyebrows over the passage of heavy motor vehicles (HMV) on the Bala Gangadhara Swamy (BGS) flyover. Traffic police personnel say that movement prohibition is time-bound. When flyovers are closed for repairs, it causes a harrowing experience for city commuters. Over the course of a few months, several flyovers, including the ones in Peenya, Shivananda Circle, and Goraguntepalya, were closed for repairs. The BGS flyover saw the same fate, and citizens fear that the old flyover might be closed for repairs because of the passage of HMV vehicles.

Despite a sign prohibiting the entry of HMVs, several such vehicles continue to ply over the BGS flyover. Connecting Hudson Circle and Mysore Road, the flyover attracts thousands of commuters. Citizens have urged traffic police to take necessary action to prevent closure of the flyover.

A regular commuter and president of Swayam Jagruti, Ajay, said "There are boards on both sides informing commuters about the prohibition of the entry of HMVs. This is a 25-year-old flyover. Despite the board, several HMVs continue to use the stretch." "The prohibition of HMVs on BGS flyover is not being strictly followed. Such vehicles must not enter the flyover burdening the structure. Prolonged burden could damage it," said Vedanth, also a member of the citizen group.

DCP West, Kuldeep Kumar, told Bangalore Mirror that offenders are being fined regularly. HMVs are strictly prohibited from using the flyover during peak morning hours, he informed.

"At other times, it will depend on the traffic. The rule applies to all flyovers across the city. For the first violation, offenders are fined Rs 500, and for the second time, the fine is Rs 1,500," he added.

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Blocked pavement
Jayanagar

The footpath is completely blocked in front of a commercial building on 11th Main, 4th Block, Jayanagar.

Clear the trash
Jayanagar

The area opposite Krishna Sevakshetra Hospital in Jayanagar is full of garbage.

People need footpaths
Aqsa Masjid Road

The lack of footpaths on either side of Aqsa Masjid Road, Marappa Gardens is a huge problem for pedestrians.

New age limit mandate has parents, schools confused

Move could have serious implications on financial and mental health of family

Most kids in kindergarten currently are aged between 3.5 and 4.5 which clashes with the new rule

Garima Prasher
c-garima.prasher@timesgroup.com
TWEETS @BangaloreMIRROR

The education department's recent mandate on the minimum age limit for Class I admissions has put schools in a quandary.

For the uninitiated, the new circular states that kids admitted to Class 1 should be aged six by June 1 of that year. However, previous circulars stated that kids admitted to LKG and UKG can be aged 3.5 and 4.5 respectively. The confusion occurs as these kids currently in kindergarten may not be six years old by next June.

"Previous circulars issued by the department mention that the age criteria for admission to LKG is 3.5 years and for UKG it is 4.5 years. However, the recent circular does not say anything about the age limit for admission to kindergarten classes," said Ashok V, Manager, Chitrakoota School, a CBSE school in the city.

To clarify the issue, a few schools recently visited the commissioner of public instructions and they were informed that the children who are currently in kindergarten sections will have to repeat their classes if they are not of age in the upcoming academic year.

"We met the commissioner to discuss the challenge of existing students who are in LKG and UKG and will not meet the criteria of being six years old by June 2023. We were told that these students will have to repeat the classes. For instance, if a child currently in UKG is 5.8 years old by June 2023, the child will have to repeat the class," said Ashok.

Schools say while they do not have an issue with implementing the rule, however, the department should issue a new circular with an age limit rule starting from LKG.

"The government itself had permitted us to take children aged 3.5 years to LKG and 4.5 years old to UKG. The age limit rule has to be enforced from LKG itself and it should be set as 4 years instead of the current 3.5 years," said MN Natesh Kumar, principal of Gurukul International School, a city-based state board school.

> **"Repeating a year can have detrimental impact on a child's mental health and it is of no use**
>
> – a principal of a city-based school

According to many school managements across the city, it is important to get clarity on the issue. More so as the department's move is going to put a huge financial burden on parents.

"If the government makes us enforce the rule, almost 90 per cent of the children in LKG and UKG currently will be repeating the kindergarten stages. To add to that, the parents will give us a lot of grief over their child repeating a class. It will not only be a financial blow to the parents but for the child also repeating the same content will be of no use. Some clarity from the department will help us communicate it with parents too," added the principal of another city-based state-board school.

K'taka youth succumbing to suicide, accidents

Sridhar.Vivan
@timesgroup.com
TWEETS @sridharVMIRROR

Protecting youth seems to be the biggest challenge faced by any government. Research done by the health department has found that suicides and accidents are the major causes of young deaths.

Karnataka has consistently had higher suicide rates (nearly 10,000 every year) than the national average over the last decade. Most of these suicides are by consuming poison or hanging.

Hence, a new vision document has said that Karnataka should establish a world-class Poison Control and Resource Centre (PCRC) to facilitate and support the setting up of regional specialised toxicological units along with focused activities in each district for early diagnosis, intervention and comprehensive care for poisoning.

Limiting the availability of poisonous products, expanding mental health services, gatekeeper's training, life skills education, and media support are to be given high priority, says the vision document prepared under the leadership of Dr Guru Raj after a year of thorough research, discussions and debates. A panel of 250 experts provided their inputs to prepare the document which was unveiled by Chief Minister Basavaraj Bommai.

Prevent accidents and save youth

The document says that Karnataka ranks fourth in the country for road traffic deaths with an estimated 13,000 deaths, 4,00,000 severely injured persons and nearly 1,00,00,000 mild injuries in 2019.

"Strengthening State Road Safety Authority, establishing road safety boards and streamlining road safety action plan is required along with the ground level implementation of measures in road safety management, safer roads, safer vehicles, safe people and post-crash as outlined in Motor Vehicle Act 2019," said the document.

According to the document, youth and adults account for nearly 40 per cent of the state population and their health is of major concern, but often ignored. Host of problems ranging from nutritional disorders, mental health issues, road traffic injuries, suicide, substance abuse, violence, addictions to the internet, tobacco and alcohol, low self-awareness, emotional issues and low self-esteem and several other affect their health, education, employment, family life and productivity.

"Adolescent and youth health and well-being programs should clearly focus on the identified seven areas of nutrition, mental health, gender and sexuality, injury and violence, leadership and communication, physical health and well-being as well as education and life skills.

To target youths, the document asks the health department to use technology.

"Technology continues to be the key driver for improvements, innovations and advances in healthcare delivery as seen during the pandemic. Formulating a Health IT policy, establishing a state-level task force for digital health, setting up dedicated state health IT cell, a district health IT cell with health IT professionals and analysts, promoting e-prescriptions, unique health ID for collating all digital registries of establishments and professionals, real-time data analysis for program monitoring and evaluation, a pilot project for digital health cards, strengthening tele-education, tele-training and evaluation are some required initiatives," stressed the document.

Eco-friendly bags: the hottest trend in town

Bangalore Mirror Bureau
mybangaloremirror
@timesgroup.com
TWEETS @BangaloreMIRROR

After the ban on single-use plastic, Bengalureans are showing the way ahead by adapting to eco-friendly alternatives.

As per the latest Just Dial Consumer Insights, ever since the ban on single-use plastic came into effect, demand for eco-friendly bags has shot up by 63 per cent across the country in July.

Among Tier-I cities, Delhi generated almost a third of the demand, followed by Mumbai and Bengaluru in second and third place. The bulk of the searches for eco-friendly bags was witnessed in Tier-I cities that saw a demand uptick of 40 per cent, but in Tier-II cities and towns, this demand was observed to be way higher at 60 per cent.

Paper bags dominated, with almost 45 per cent of the demand for eco-friendly bags across India. The demand for paper bags rose by 67 per cent, with Tier-I cities witnessing a 41per cent uptick and Tier-II by 83per cent.

In Bengaluru some of the experts who promote eco-friendly products as well noticed that the plastic usage had comparatively come down. "Many stores which were selling plastic have now stopped. People are aware and are taking their own cloth bags to different grocery stores. The vendors as well have been asking customers to bring their own bags," said Reshma Shankar, resident of Benson town.

Prasun Kumar, CMO, Just Dial, said, "It is exciting to see that we are ready to embrace sustainability as the country moves away from single-use plastics. Institutional buyers across key markets have also shifted to paper, jute, and cotton bags, boosting bag manufacturers and dealers on our platforms. Paper is still the most popular alternative to plastic, with its demand growing at nearly twice the rate in Tier-II cities vis-a-vis Tier-I cities."

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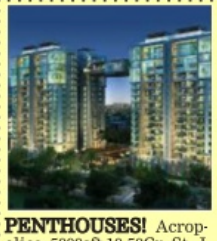

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Bengaluru-Mysuru Road partially opens for traffic

After week's delay, one-way traffic from Basavanapura to Hejjala on highway is operational

Sridhar.Vivan
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TWEETS @sridharVMIRROR

One-way commute on the Mysuru-Bengaluru highway has started. For the last two days, traffic from Basavanapura (near Ramanagara) to Hejjala has been allowed on the highway.

The traffic was supposed to be allowed from August 15, but the test run date was delayed due to ongoing work. On the other hand, traffic from Hejjala towards Ramanagara is likely to be operational by the end of August.

Hotel owners unhappy

While the motorists are happy over the portion of the stretch being thrown open to traffic, hotel owners are upset as their business is being hit.

Currently, the Bengaluru-Mysuru road is a paradise for food lovers. Several popular food joints have lined up on either side of the road offering a delicious menu. The food joints start from Bidadi where 'Thatte' Idli hotels are lined up followed by traditional food, Maddur vada hotels etc. However, the six-lane highway is expected to cut the travel time to 75 minutes besides being an access-controlled highway where vehicle users have limited options to exit to a service road affecting the hotel business.

Officials claim that the second phase of the Mysuru-Bengaluru highway work will be completed by Dasara

Sources said that the Bidadi 'Thatte idli' hotels experienced a loss in business for the last few days as most of their customers were on the highway and taking the bypass without entering the Bidadi town.

First phase of work to complete soon

The first phase of the work involves making the road from NICE Road Junction (near Kengeri) to Nidaghatta six lanes. This stretch is almost complete and likely to be open soon.

However, the second phase of the works from Nidaghatta to Mysuru Ring Road is yet to be completed. Though it was originally scheduled to complete by September, it is now expected to take longer.

Officials claim that the work on the main carriageway will be completed by Dasara this year and the completion of service roads and other by-passes will be done before February next year.

Toll collection to begin soon

The cost of the first phase is Rs 3,501 crore and the second phase is Rs 2,920 crore. This project will have five bypasses to avoid the traffic congestion in the towns all along the highway.

The Bidadi bypass will be 6.9 km in length, Ramanagara-Channapatna will be 22.35 km, Maddur 4.5 km, Mandya 10 km and Srirangapatna 8 km. Besides this, there will be an eight-km-long corridor along with nine major bridges, 44 minor bridges and four railway overpasses.

The National Highway Authority of India (NHAI) says that a new lay-bye with amenities will be created at Ramanagars by-pass road. The toll booths will come up at Kumbalgodu and Srirangapatna. It is proposed to collect tolls at Kumbalgodu once the first phase of the road work is completed and vehicles are allowed movement. The second toll at Srirangapatna will be operational when the entire road is completed.

IN BRIEF

Commission charge renewed by contractors in Karnataka

The 40 per cent commission charge has again come to the fore to haunt the Chief Minister Basavaraj Bommai-led government in Karnataka, with the State contractors association on Wednesday stating that they would be writing another letter to Prime Minister Narendra Modi in this regard.

The association said it would continue its fight demanding an independent judicial probe. An association delegation, led by its president D Kempanna, on Wednesday met Congress leader and Leader of Opposition in the State Assembly Siddaramaiah and later alleged that the whole system was corrupt and accused Ministers and MLAs of demanding a percentage.

In his reaction, Bommai said the association is not the only association of contractors, it is one among several others. "There is no meaning in his allegations. It should be noted that he has spoken after meeting (Leader of Opposition) Siddaramaiah," the CM said, adding that any baseless statement would be nothing but motivated.

Bommai said that the government had made certain orders and even constituted a tender scrutiny committee headed by a retired judge, which no other state has done.

"If they have any specific complaint, they can go before the Lokayukta and give a complaint. The Lokayukta has full freedom, it will investigate and we will take strict action against the guilty if any," the Chief Minister added. —PTI

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I, SALIM AKBAR MALARIYA, S/o Malariya Akbar Salehmohmed and Residing at Golden Nest Apartment, 4th Floor, 401, 1st 'C' Main Road, 1st Stage, 3rd Phase, Yeshwantpur,Bangalore 560022 have changed my name to SALIM MALARIYA vide affidavit dated 24.08.2022 sworn before notary B V Nagabhushana, Bangalore.

I, Kailash Murthy Hulikal Shivanna and residing at No.359, Behind Milk Dairy, Anekal, Bangalore Rural-562106 have changed my minor Son's name from DEEKSHITH to DEEKSHITH H K vide affidavit dated 08.08.2022 sworn before notary B V Nagabhushana. Bangalore.

I, VAIBHAV, S/o, Sandeep Mittal and Residing at H.No. 1132, Sector 14, Hisar 125001, Haryana (Now Camp At Bangalore) have changed my name to VAIBHAV MITTAL vide affidavit dated 24.08.2022 sworn before notary B V Nagabhushana, Bangalore.

I Nandakumar Bharathi W/O, Sriram Venkataratna Balasubramanyam R/o No 216 15th C Cross, 2nd Stage, 2nd Phase Mahalakshmi Puram Bangalore Mahalakshmipuram Layout Bangalore 560086 have changed my name to Sriram Balasubramanyam Bharathi

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I Nand kishore Rai Ramkhelawan Rai S/O Sri Ramkhelawan Rai R/o Flat No.A-19 Bharat Regency Anand Nagar Marathahalli Bangalore -560037 have changed my name to Nand Kishore Rai for all future purposes

I, Sinduja.R.V., R/at No- 12, 3rd Cross,6th Block,Padarayapura, Bangalore- 560026, Have Changed My Minor Son's Name From Ayush R.Gowda to Ayush Adithya.S.,Vide Affidavit Dated 10-08-2017, Before Notary K.C.Chowde Gowda,Bangalore

I Pandurangi Ushakiran S/O. Satyanarayana P R/o No.146, Sree Nilayam, Ground Floor, 10th Cross Road Kpc Layout, Kasavanahalli, Bangalore - 560035 have changed my name to Pandrangi Ushakiran

I, Chethan Kumari W/O, Late Motilal Jain D R/o E 1706, Eta Star The Gardens, Off Magadi Road, Binny Mill Bangalore 560023 have changed my name to Chetan Bai Khincha for all purposes.

I Sathisha S/O, Marigowda R/o Rayasandra Village, Thungani Post, Kanakapura Taluk, Ramanagar District-562117 have changed my name to Sathish M R for all purposes.

I, GUNAKAR POOJARY R/a No.428/6, Shobha Nivas, Naranappana Palya, Gejjagadahalli Village, Dasanahapura Hobli, Ravuthanahalli Main Road, Bengaluru-562123 have changed my name to GUNAKAR K POOJARY vide affidavit dated 21.08.2022 Notary K.C Pemmaiah, B.lore.

I, MOHAMED SHAFFI, S/o, Mohammed Sardar and Residing at No.11, 20th Main, 7th Cross, BTM Layout 1st Stage, Bommanahalli, Bangalore 560068 have changed my name to MOHAMMED SHAFI vide affidavit dated 20.08.2022 sworn before notary B V Nagabhushana, Bangalore.

I Ruthu Vishwanatha D/O, Vishwanatha Mylapura Lakshminarayana Rao R/o A-803, Purva Venezia, Yelahanka New Town, Bengaluru-560064 have changed my name to Ruthu Vishwanatha Rao

I, YASHAS SRIHARSHA DONTHI, S/o, Sriharsha Donthi and Residing at Shilpashree, No.1017, 11th Main Road, Hanumanthanagar, Bangalore 560019 have changed my name to YASHAS DONTHI vide affidavit dated 24.08.2022 sworn before notary B V Nagabhushana, Bangalore.

I, Prashant Malavade, R/O I081, 8th Floor, Assetz Marq1, Kannamangala, Bengaluru, Karnataka-560067, have changed my minor daughter name from Maithali to Maithali Malavade.

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Without consensus, can't stop freebies, says SC

Apex Court says no change will happen unless all parties agree freebies can destroy economy

The Supreme Court on Wednesday said there must be a "debate" on the "serious" issue relating to the practice of political parties promising freebies and asked why cannot the Centre call for an all-party meeting on it.

The apex court said until and unless there is a unanimous decision among political parties that freebies are going to destroy the economy and have to be stopped, nothing can happen as it is only political parties that would make such promises and contest elections and not individuals. "....Why do not the Government of India call for an all-party meeting?" the top court said.

File photo of voters at UP election. One of the matters discussed was political parties distributing freebies in order to capture votes

"There must be a debate. The issue is serious, there is no doubt about it. The question is, why do not all political parties meet and the Government of India can call for a meeting," it observed.

The observations by a bench comprising Chief Justice NV Ramana and Justices Hima Kohli and CT Ravikumar came while it was deliberating on a plea opposing promises of such handouts by the parties during polls.

At the outset, senior advocate Vikas Singh, appearing for petitioner Ashwini Kumar Upadhyay, suggested that a retired judge of the apex court like former CJI R M Lodha should be the chairman of the committee proposed to be constituted on this aspect.

However, Justice Ramana observed, "a person who retires or who is going to retire has no value in this country. That is the problem,"

Singh said ultimately, it is the personality and the position that one has held which makes the difference.

Advocate Prashant Bhushan said that he has filed an intervention on behalf of the NGO 'Centre for Public Interest Litigation'. Bhushan argued that they have said three kinds of freebies must be prohibited -- those which are discriminatory or which violate fundamental rights, those which are against public policy, and those which are rolled out immediately before the election, like in the last six months before the polls, by the ruling party.

Solicitor General Tushar Mehta said there are political parties, which may not be in power in the state or the Centre, and are rolling out such promises.

"The focal point is would the voter have an atmosphere where he can take an informed decision. It is not a question of ruling or losing a party. Can you promise the moon to get elected?" Mehta said.

As the bench asked why the Government of India cannot call for an all-party meeting on the issue, Mehta said the political parties are already there before the apex court claiming that this is their right.

The bench observed that the biggest problem is, who will head the committee. "Ultimately it is only political parties which will make promises and contest elections, not individuals. Suppose, if I contest, I may not even get ten votes," the CJI said, adding that individuals do not have much importance in the present system and that is how our democracy is. – PTI

'BJP must disclose source of money used to 'poach' other party MLAS'

AAP's political affairs committee condemned the BJP's efforts to "poach" its MLAs and asked the saffron party to tell the nation from where it has accumulated money to offer crores to legislators of other parties, party spokesperson Sanjay Singh said on Wednesday.

Speaking to media after the meeting, presided by AAP national convenor Arvind Kejriwal, Singh, also the party's Rajya Sabha MP, said the PAC in its resolution also demanded that Prime Minister Narendra Modi spend time on addressing problems of the people instead of making efforts to topple the governments of other parties.

Delhi Chief Minister Arvind Kejriwal after flagging off 97 electric buses in Delhi

"We want to assure the people that the AAP government in Delhi is stable." – PTI

New government in Bihar wins trust vote

The newly-formed 'Mahagathbandhan' government in Bihar on Wednesday comfortably won the motion of confidence amid a walkout staged by MLAs of the BJP -- which has been stripped of power as a result of the recent political upheaval in the state.

Deputy Speaker Maheshwar Hazari ordered a headcount upon a request by Vijay Kumar Chaudhary, the parliamentary affairs minister, who said that though a voice vote had clearly showed support of the majority, the count would "leave no room for any confusion".

Altogether 160 MLAs voted in favour of the confidence motion while no vote was cast against the same.

Bihar CM Nitish Kumar and RJD leader Rabri Devi filed nomination papers of Devesh Chandra Thakur

The lone MLA of AIMIM, Akhtarul Iman, whose party is not a part of the ruling alliance, also took part in the exercise and supported the confidence motion.

Some of the BJP MLAs, who had staged a walkout while Chief Minister Nitish Kumar was delivering his speech, stormed the House demanding that the deputy speaker not waste time on a redundant headcount but take up businesses scheduled for the day and announced boycott of the proceedings.

Proceedings were, subsequently, adjourned till Friday by the deputy speaker who also informed the House that on Thursday nomination papers will be filed for election of a new speaker, the post having fallen vacant upon resignation of BJP's Vijay Kumar Sinha. – PTI

Smart City's ICCC to open in September

CONTINUED FROM PAGE 1

What is ICCC?

The Integrated Control and Command Centre is a decision support system where information from various departments and various applications are collected in collaboration, and analysed for better planning of the city, using ICT (Information and Communication Technology) as the backbone. It has intelligence engines which will process and synchronise all the related information and generate insights. These insights shall be further helpful in managing incidents across the city and help in better planning for urban development.

"ICCC platform would be integrated with 14 government departments for service delivery, which impacts day-to-day lives of citizens. We will have the centre inaugurated in the first week of September. The sixth floor of the BBMP annexe building has been allotted for the ICCC. The construction is almost done. We will have 30 operators who will be seated at the command centre, who shall carry out the activity. It will play a pivotal role in improving the liveability of the city by ensuring efficient service delivery and quicker response to emergencies, crisis situations and hazards," BSCL joint managing director Susheelamma said.

The project cost of setting up the ICCC is around Rs 96 crore. Some of the departments that ICCC will cover are Bruhat Bengaluru Mahanagara Palike (BBMP), Bangalore Water Supply and Sewerage Board (BWSSB), Bengaluru Electricity Supply Company Limited (BESCOM) , Karnataka Forest Department (KFD), Bengaluru Traffic Police (BTP), Bengaluru City Police (BCP), department of Health and Family Welfare (HFW), Karnataka State Pollution Control Board (KSPCB) among others.

Deputy general manager, IT, Manjunath Daler, said unlike earlier times when people had to look for specific departments to register complaints, the ICCC will help the citizen to find departments easily and report the issue with ease on the portal.

"The message of the complaint will be escalated by BSCL to the engineers of the specific department depending on the ward. However, if the problem has not been fixed, then BSCL will escalate the issue further to higher officials, like the commissioner or managing director of the department, who will take up the complaint at once and ensure quick resolution. We are waiting for SOPs from departments as to how much time they would need to solve a complaint. If it exceeds the set time limit, it will be taken up by the senior officials," he said.

ICCC objectives

- Enhancing collaborations between stakeholders providing services to citizens of Bengaluru
- Provide common platform for citizen engagement; integrated grievance redressal/ management
- Improved visualisation of ambient, emergency situations in city
- Effective emergency response
- Augment safety, security of citizens, city assets
- Improve mobility in city
- Support intelligent decisions by making available rich data, information

How to deal with covid anxiety

CONTINUED FROM PAGE 1

"Research done by systematic sampling proves yoga and meditation can be very effective in dealing with anxiety and depression. Reassurance too can help people if they are not able to receive psychotherapy. This can be provided by anyone: a mentor, family or friend," he added. Dr Gowda said the popularity of these methods increased when people started approaching counsellors who don't have RCI registration or proper qualifications: "These counsellors use methods like reassurance and journaling. The use of self-help books, yoga, and meditation have increased as well."

Now, more than ever, there is a need for mental health assistance as the world is struggling to adjust to a post-lockdown lifestyle, experts BM spoke to said.

"Even when those around us seem to have gone back to a normal life, it will take a very long time for some to really heal mentally from the two years of isolation. We, as a society, have stopped acknowledging post-covid anxiety as real. It can be severe for some individuals and not so much for others. Now, people are struggling to go out again. Stress, exhaustion, anxiety and burnout are very common," said Dr Divya Aswani, consulting psychiatrist.

Dr Aswani added that the number of people struggling with post-covid anxiety is increasing and needs to be addressed on a larger level. Divyanshi Y, 26, an IT employee said yoga and self-help books have become her primary source of therapy: "I have been working from home for more than two years now.

I am living with my family. I never faced anxiety issues before the pandemic but now it has become severe. I am taking professional help for anxiety. During lockdowns, when I couldn't access the sessions, I resorted to yoga and self-help books which really helped, especially during stressful periods."

Research shows yoga and meditation can be effective in dealing with anxiety and depression

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SLEEPY GENEROUS

According to new research, tiredness can change how generous you are

What determines how generous a person you are? Could it be how much money you have? How kind are you? Or maybe it comes down to your values. These all seem reasonable assumptions, but a new study from Berkeley University suggests something that feels as trivial as how well you've slept lately can also affect how willing you are to help other people on any given day. It found sleep deprivation leads to a reduction in generosity.

The researchers tested how kind people were when they were tired in three different ways. In the first study, they deprived 21 volunteers of sleep for 24 hours and then asked them how willing they would be to help in a range of scenarios such as helping a stranger carry their shopping bags.

They asked the participants to repeat the altruism questionnaire after a normal night's sleep. The researchers also studied the 21 participants' brain activity levels using fMRI imaging.

Next, 171 volunteers recruited online kept a diary of their sleep before doing the same questionnaire. For both experiments, the researchers found that tired participants scored lower on the altruism questionnaire. This was the case regardless of participants' empathy traits and whether the person they were supposed to help was a stranger or someone familiar to them.

Finally, the researchers analysed over 3.8 million charity donations made in the US before and after the clocks were changed for summer, which causes everyone to lose an hour's sleep. Donations decreased by 10 per cent in the days after the clocks changed compared to the weeks before and after the transition.

The fMRI imaging analysis found sleep deprivation seems to be connected to reduced activity in the area of the brain linked to social cognition, which regulates our social interactions with others. The change in brain activity was not related to sleep quality, only to quantity. The good news is this effect is short-lived and disappears once we return to our normal sleep pattern.

It's long been established that sleep is critical to many aspects of our health and wellbeing. This was famously demonstrated in 1959 when the American DJ Peter Tripp stayed awake to broadcast live from New York's Time Square for 201 hours continuously. Peter's record was beaten in 1964 by Randy Gardner, a teenager who stayed awake for 260 hours (nearly 11 days) for a school science fair project.

Randy and Peter appeared well throughout their experiences. But as the challenge progressed they began to slur their speech, were confused at times and struggled to complete simple tasks such as reciting the alphabet.

Both also had vivid hallucinations. Peter saw cobwebs in his shoes and believed a desk drawer had burst into flames.

We now know that sleep deprivation is linked to mental health problems including hallucinations and psychosis. Peter and Randy seemed to recover from their ordeals, but research shows that severe long-term sleep deprivation can lead to lasting neurological problems.

Since Peter and Randy's stunts, research has found sleep deprivation affects most aspects of our behaviour, not least our basic thinking skills, like memory and decision making. Back in 1988, the Association of Professional Sleep Societies published a report in the journal Sleep, warning that poor sleep leads to an increased risk of having an accident, such as a road collision or a DIY mishap at home.

A study in 2015 compared the number of fatal traffic accidents in the US straight after the clocks changed to summertime when clocks go forward and we lose one hour's sleep and found a significant increase in the number of accidents the day afterwards.

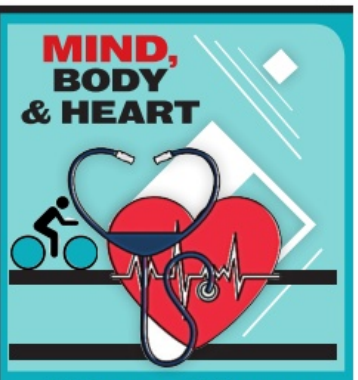
Psychologists believe kindness and generosity are part of our social cognition, a complex set of processes which control how we interact with others and how we make decisions about our behaviour towards them.

These decisions are based on many factors. Each of these factors is affected by how well we sleep; our memory, all aspects of the memory of previous situations, the quality of our decisions, how impulsive we are and especially our emotions and how well we can regulate them. It's only to be expected that the amount of money we are willing to donate would also be sensitive to sleep.

So next time a friend asks you to donate to their marathon fundraiser, sleep on it.

The Conversation

"Psychologists believe kindness and generosity are part of our social cognition, a complex process which controls how we interact and behave with people"



All problems solved

Dear Coleen

My auntie, who's like a second mum to me, turned 50 recently and it's had a really weird effect on her. We've always been close and she even comes out with me and my friends sometimes because they all love her - she's so young at heart, looks amazing and is so much fun. She can keep up with us and we're all in our early 20s.
However, I've noticed that when she's out with us now, she drinks a lot, to the point where we have to help her out of venues and into taxis.
Last week, a few of us went back to my place after going to see a band and she was flirting heavily with one of the guys, even though she's married, and ended up being sick in the toilet! I think she might have slept with this guy if she hadn't felt so awful. Am I making too much of this or should I say something?

COLEEN SAYS

If you have a close relationship with your auntie, just ask her how she's feeling. Perhaps she's reached 50 and hit a bit of a crisis. I hated turning 50 – it felt like a big mental shift, probably because society does a pretty good job of making you feel old and redundant, and that you shouldn't be doing certain things any more.

Maybe her behaviour is a bit of a reaction to that – she doesn't want to be put in that box, so she's out to prove to herself and everyone else that she's still young, she can still party and so on.

Again, the flirting might be a symptom of how she's feeling generally. She's probably also peri-menopausal or menopausal, which can have an impact mentally and emotionally, as well as physically.

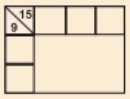
Maybe she wants to offload on someone and you could be the person she'll open up to.

Just ask her how she is because you've noticed she's done a few things that seem out of character, and that you hope nothing is troubling her.

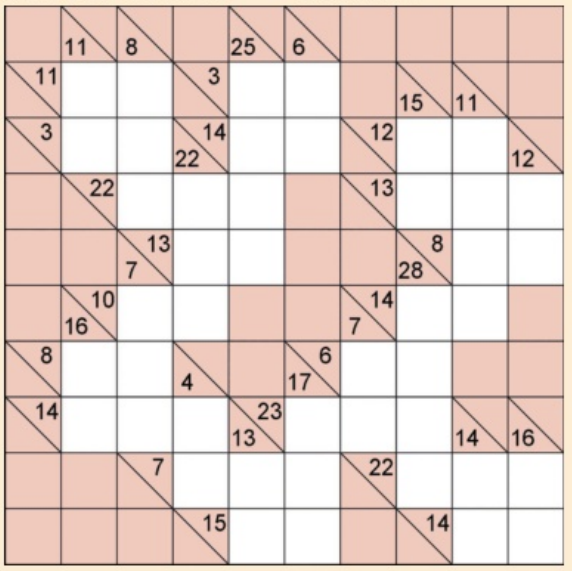
—Coleen Nolan, Daily Mirror

Kakuro

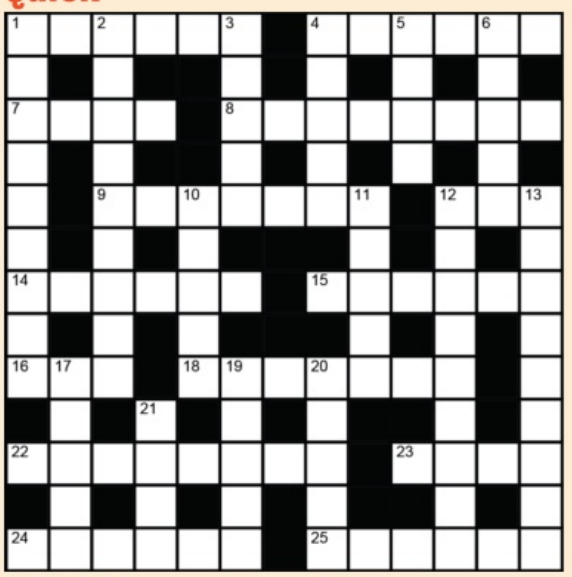
The numbers in the grey squares refer to the sums of the digits that you must fill into the empty spaces directly below or to the right of the grey square containing the number. For instance, in the given example, the 3 boxes horizontally next to 15 must contain 3 digits that add up to 15, whereas for 9, it is the 2 boxes placed vertically under it that must add up to 9. No zeros are used here, only the digits 1 through 9.



Note: A digit cannot appear more than once in any particular digit combination. For instance, in the example, we cannot have the combination of 4+7+4 for 15.



Quick



ACROSS

1 Addicted (6)
4 Categories (6)
7 At hand (4)
8 Declaring or asserting (8)
9 Temple town in Uttara Kannada (7)
12 Roman 1200 (3)
14 Choosing or selecting (6)
15 Indicate; gesture (6)
16 Prohibit (3)
18 On ____ of : because of? (7)
22 Resisted or repulsed (8)
23 Hindu ascetic (4)
24 Decorates (6)
25 Justification (6)

DOWN

1 Hexagonal wax structure (9)
2 Large ape (5-4)
3 Serious play (5)
4 Grass colour (5)
5 Levers for rowing (4)
6 Sudden unreasoning fear (5)
10 Nairobi is its capital (5)
11 Farewell (5)
12 Shocking, tasteless or wicked (9)
13 Cooperation in fraud (9)
17 In front (5)
19 Young horses (5)
20 Not as young (5)
21 Expensive (4)

Quoteuncode

This puzzle is a substitution cipher in which one letter stands for another. If you think that Q equals C, it will equal C throughout the puzzle. Single letters, short words and words using an apostrophe give you clues to locating vowels. Solution is by trial and error.

Today's CLUE: U EQUALS Y

FXNJKXU EL FKEHI CMK THGU THK OMT DHTOL UTZ'XK NVXNER.

Linemaro

If I had a single flower for every time I think about you, I could walk forever in my garden

Mindchow

The most powerful force in the universe is gossip

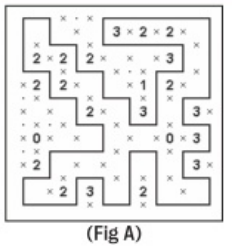
Joke of the day

When trouble arises and things look bad, there is always one individual who perceives a solution and is willing to take command. Very often, that individual is crazy.

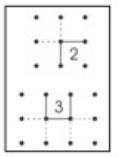
Loop

Rules

» Connect adjacent dots with vertical or horizontal lines, creating a single loop (Fig A). » Crossovers or branches are not allowed (As shown by dotted lines in Fig B). » Numbers in the puzzle indicate the number of lines that should surround it, while empty cells may be surrounded by any number of lines. » You can't draw lines around zeros. » Each puzzle has just one unique solution.



(Fig A)



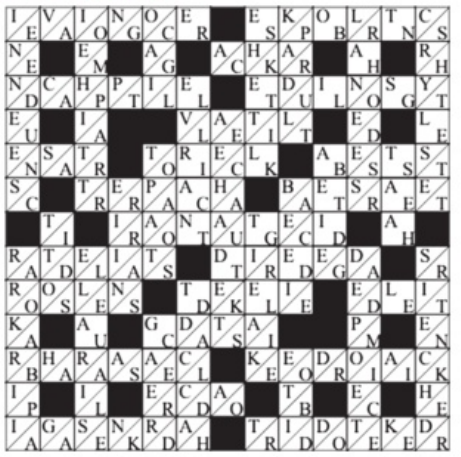
(Fig B) Not Allowed

How to begin:

Example (Fig A) – Begin with the zero next to 3. Since no lines can be drawn around zero, mark crosses around it, as shown. Now there is a cross in one space around 3. So we know the three lines of 3 can only be drawn in the remaining three spaces. Next, these lines can only be extended in one direction each. Continue, using the same logic.

Hints: Keep eliminating possibilities by marking crosses in spaces between dots where a line isn't possible, i.e., if you have already completed required lines or where a line extension may create a branch or cause a dead-end (Fig B)

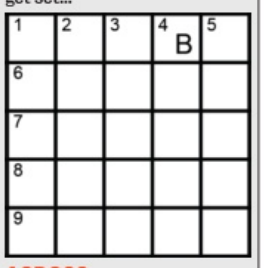
Strikeout



This crossword has no clues and the answer is there waiting for you. All you have to do is find it in each square. You have a choice of two letters, one of which you must strike out. If you choose correctly, you will be left with a grid that contains real words.

Fast five

How long do you think it will take you to unscramble the ten words shown below and fit them correctly into the grid in the order given one letter has already been entered to get you started? on your marks, get set...



ACROSS

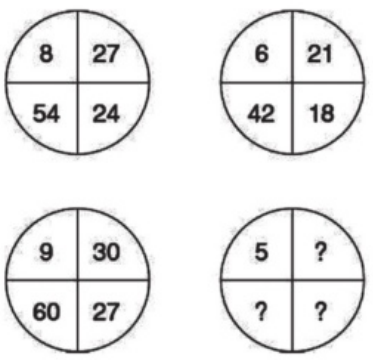
1 Be pro; 6 Irate;
7 Choir; 8 Tents;
9 Mr Hit

DOWN

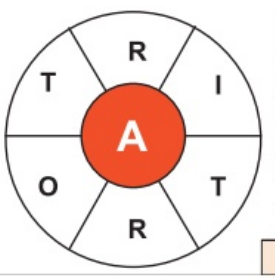
1 Prims; 2 Trice;
3 Throe; 4 Tobin;
5 Heart

Mensapuzzle

What numbers should replace the question marks?



Bull's eye



How many words of four or more letters can you make from the letters shown? Every word must contain the central letter. There should be one seven-letter word. British English Dictionary is used as a reference.

04 Average; 05 Good; 07 Outstanding

SudokuChallenge

			2		5			
4	8		1		9		5	3
6	9						2	7
7				4				5
			7		3			
2				1				9
5	3						6	1
1	2		9		6		8	4
			3		1			

To solve a Sudoku puzzle, every digit from one to nine must appear in each of the nine vertical columns, in each of the nine horizontal rows and in each of the nine boxes.

Gofigure

Place the four numbers in the first, third, fifth, and seventh boxes and whatever operators you care to use in the second, fourth, and sixth boxes in the correct order to get the answer. Use the numbers only once.

Easy = 13

2 5 7 9

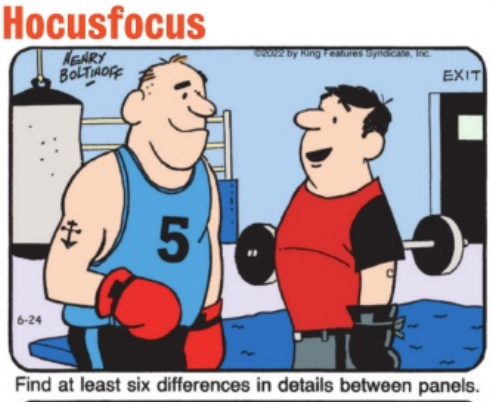
Medium = 10

2 3 7 8

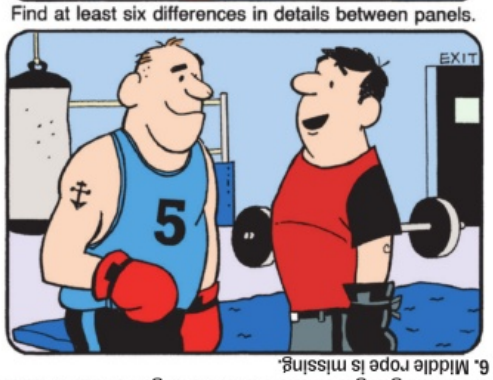
Hard = 81

6 8 9 7

Hocusfocus



Find at least six differences in details between panels.



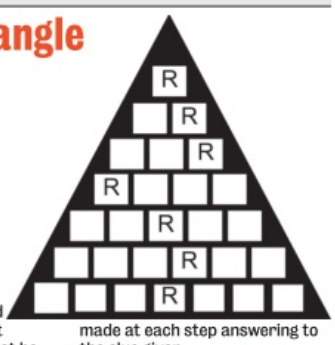
Differences: 1. Door is larger. 2. Tattoo is moved. 3. Punching bag is smaller. 4. Mat is larger. 5. Man is taller. 6. Middle rope is missing.

Riddler

Can you work out which is the odd one out and why? Death On The Nile, The Sign Of The Four, The Mysterious Affair At Styles, Sparkling Cyanide?

Alpha triangle

1 Right letter
2 Conjunction
3 Craggy hill
4 Decays
5 Kinds
6 Boutiques
7 Floors



Beginning at the top move towards the bottom seven-letter word by adding a letter at each step and rearranging. A correct and different word must be made at each step answering to the clue given.

DIFFICULT TO SOLVE? FIND THESE SOLUTIONS ON THE NEXT PAGE

COMICS

Redeye by Mel Casson

HOWDY, CHIEF. CARE TUH JOIN ME FER SUPPER ?
OKAY, JERKYMIAH ... LET ME GO WASH UP FIRST
DANG! HE SHORE KNOWS HOW TO MAKE A MAN LOSE HIS APPETITE!

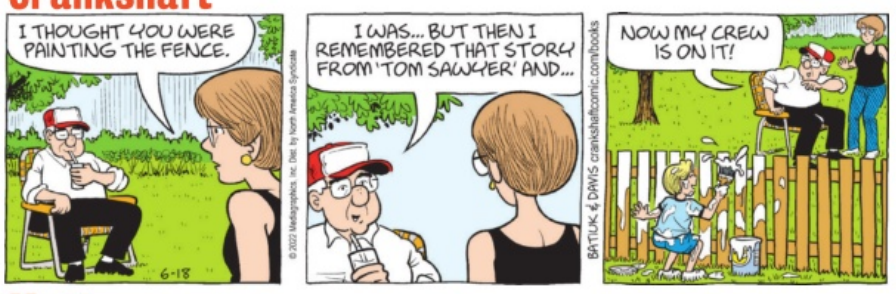
Bizarrotrip

Diamond Lil

Hart of the city

I'M SORRY ABOUT DR. WALSH BRINGING UP PERIOD STUFF. I KNOW YOU DIDN'T WANT TO TALK ABOUT IT.
BUT PUBERTY IS SOMETHING EVERYONE GOES THROUGH!
HOW DO YOU KNOW? DO YOU KNOW EVERY PERSON?

Crankshaft



Mutts

FORTY-EIGHT DOGS FROM OVERCROWDED SOUTHERN SHELTERS ARE BEING FLOWN TO NEW JERSEY TO FIND A HOME.
THIS SHOULD BE FUN.
I CAN'T WAIT FOR THE SNACK AND MOVIE!
mutts.com

WHAT YOUR STARS SAY TODAY

Aries Mar 21 – Apr 20
Today it is advised to postpone decisions related to migration. It is also advised to avoid investment in business as it may lead to losses. By late evening, situations may be under control. With the help of good advice from one of your elders, you will control messy situations.

Taurus Apr 21 – May 20
Today you may have good patience. Meditation may help you improve your concentration, which will speed up your projects. Your subordinates may cooperate with you, and it may help you to complete a project before time. There may be some short travels related to work. You are likely to meet an influential person who can help you boost your business.

Gemini May 21 – Jun 21
Today you may spend money to buy some creative items or artefacts to renovate your house, which may increase your social status. You may implement some new plans into your family business. It will pay you in terms of gains in the near future. You may also be busy with family or social get-togethers.

Cancer Jun 22 – July 23
Today is a good day for you. You may have good vitality and health. You may enjoy your work. Today it will be a challenge to avoid straightforwardness. it is advised to avoid arguments on worthless topics, otherwise there may be some disputes in the family. Job seekers may find suitable work. Lovebirds are advised to avoid arguments on worthless topics.

Leo Jul 24 – Aug 23
Today you are not blessed by the moon and may feel unhappy. You may become impatient. You might find it difficult to perform your tasks and fulfill your desires. You want to be detached from your given responsibilities. You may not be able to complete any task.

Virgo Aug 24 – Sep 23
Today you are blessed by the moon. Work-related pressure may ease off. Your earnings may convert to profits now. You are likely to invest for a long-term period. You may get an overseas work order, which may give you financial benefits in the coming future. You may find your soulmate. Students may hear good news.

Libra Sep 24 – Oct 22
Today you are blessed by the moon and may perform well on the professional front. You may implement your business plans very easily with the help of your colleagues. Intellectual investments and financial investments may start bringing profits now, which may increase confidence levels. You may use your wisdom to gain benefits.

Scorpio Oct 23 – Nov 22
Today you are blessed by the moon. Your spiritual powers can make you happy. Your way of thinking may be positive. You are inclined to spiritualism today. You may plan to visit a place that nurtures that. You may also take interest in occult sciences. You are likely to observe flawlessness in your nature. It is advised to keep your views to yourself.

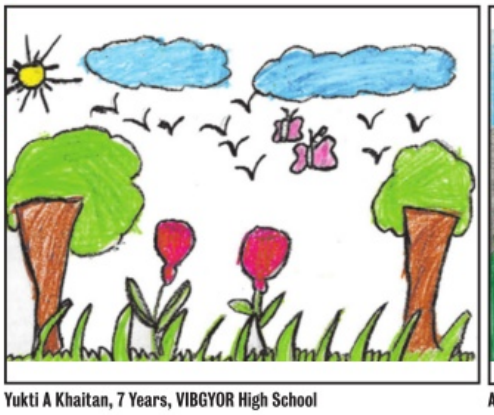
Sagittarius Nov 23 – Dec 22
Today you may feel nervous. You may have a lack of patience. For seeking peace, you may be attracted by the occult, but it is advised to follow your intuition before going ahead. You may also get deep knowledge on a subject or you may focus on research. Chanting mantras may help you.

Capricorn Dec 23 – Jan 20
Today you are blessed by the moon, which may help you to improve your inner strength. You are likely to get some new opportunities for your business, which will pay you in terms of gains in the near future. Couples may hear good news in terms of childbirth. Lovebirds are advised to be clear in their opinion with each other to make their future bright.

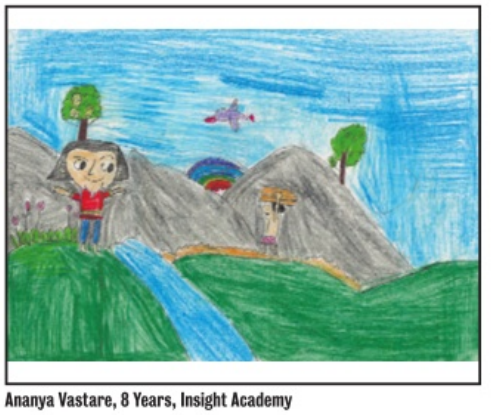
Aquarius Jan 21 – Feb 19
Today you are blessed by the moon. Things are now under control. Your performance may be praised by your seniors and you may expect promotions. Money which was stuck is likely to be recovered now. It may help in increasing liquidity in the business. There may be some good news in terms of legal matters also. In partnerships, many issues are likely to be resolved now.

Pisces Feb 20 – Mar 20
Today you may hear good news in terms of work. Job seekers may be focused on cracking entrance exams with the help of hard work. Singles may hear good news in terms of marriage. Couples may hear some good news in terms of childbirth.

KIDZONE



Yukti A Khaitan, 7 Years, VIBGYOR High School



Ananya Vastare, 8 Years, Insight Academy

Kidzone, Bangalore Mirror, No.4, KSCCF Compound, Pampa Maha Kavi Road, Chamrajpet, Bengaluru 560 018; Please send hard copies of your artwork in A4 size only.

SOLUTIONS

SOLVE IN 1M
=8-[(7+2)÷3-(3²-5)]*4
=8-[(9)÷3-(6-5)]*4
=8-[(9÷3-(1)]*4
=8-(9÷3-1)*4
=8-(3-1)*4 = 8-(2)*4
=8-2*4 = 8-16 = 8+(-16)
=(-16)+8 = -10.

RIDDLER
The Sign Of The Four - the others are books by Agatha Christie, this is a book by Arthur Conan Doyle

QUOTE UNCODE
Bravery is being the only one who knows you're afraid.

FAST FIVE

M	I	R	T	H
S	T	E	N	T
I	C	H	O	R
R	E	T	I	A
P	R	O	B	E

STRIKE OUT

E	V	I	N	C	E	S	P	O	R	T	S			
N	M	A	A	H	A	H					H			
D	A	P	P	L	E	E	U	L	O	G	Y			
U	A		V	A	I	L		D		E				
E	A	R		T	I	C	K		B	E	T	S		
S	T	E	A	C	H		B	E	S	E	T			
A	I		R	O	T	A	T	E	D		A			
A	G	E	N	D	A		R	I	O	T	E	R		

QUICK

H	O	O	K	E	D		G	R	O	U	P	S		
O		R			R		R		A					
N	E	A	R		A	V	E	R	I	N	G			
E			M		E		S		I					
Y		G	O	K	A	R	N	A		M	C	C		
C		U			E			D		O		O		
B	A	N		A	C	C	O	U	N	T		U		
M		A		Y			E		S			L		
O	P	T	I	N	G		S	I	G	N	A	L		
R	E	P	E	L	L	E	D		Y	O	G	I		
H		D		O		L			R			S		
B	E	S	E	T		D		O				O		
R	O	E	S		D	E	L	I		E	L	I		
A	T	L	A	S		T	I	D	E	D		S		
A		A		C		A		S		P		N		
B	A	R	S	A	C		K	O	D	I	A	K		
I		I		R		C	A	S	E		B		C	
D	A	P	P	L	E		E	U	L	O	G	Y		
N	M	A		A	H	A		H						
U	A		V	A	I	L		D		E				
E	A	R		T	I	C	K		B	E	T	S		
S	T	E	A	C	H		B	E	S	E	T			
A	I		R	O	T	A	T	E	D		A			
A	G	E	N	D	A		R	I	O	T	E	R		

MENSA PUZZLE
Top left is a third of bottom right, bottom right is three less than top right and top right is half of bottom left.

BULL'S EYE
iota, ratio, roar, tarot, tarr, trail, TRAITOR

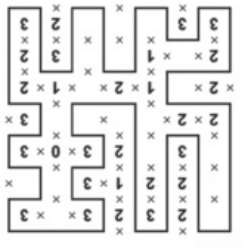
SUDOKU

3	7	1	2	6	5	4	9	8
4	8	2	1	7	9	6	5	3
6	9	5	8	3	4	1	2	7
7	1	9	6	4	2	8	3	5
8	5	4	7	9	3	2	1	6
2	6	3	5	1	8	7	4	9
5	3	8	4	2	7	9	6	1
1	2	7	9	5	6	3	8	4
9	4	6	3	8	1	5	7	2

ALPHA TRIANGLE
R, Or, Tor, Rots, Sorts, Stores, Storeys.

GO FIGURE
Easy
2 + 7 − 5 + 9 = 13
Medium
8 − 2 − 3 + 7 = 10
Hard
7 + 8 × 6 − 9 = 81

LOOP



KAKURO

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From 'own legit income' Jacqueline Fernandez has replied to the authorities of the Prevention of Money Laundering Act, saying that her Fixed Deposits have nothing to do with Sukesh and were created even before knowing that the conman 'existed'

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The comeback

Actor Genelia elaborates on process of getting back to movies after a 10-yr break

After a sabbatical of about ten years, Genelia Deshmukh is all set to return to movies with some interesting projects in her kitty.

Talking about her comeback, Genelia told a news portal that although she is extremely excited she had these bits of nervous pangs here and there. However, the actress added that she loves acting, interpreting scripts and bringing a part of herself onscreen. Genelia added that she felt welcomed before the camera.

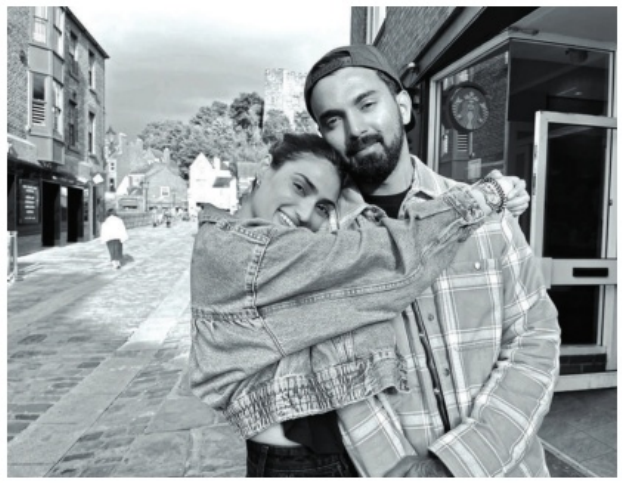
Elaborating further, Genelia stated that she has an extremely supportive husband and the best part is that they try and plan their schedules according to each other's time. The actress revealed that when she shoots, Riteish becomes the homemaker. When she was in Delhi, the actor was there with the kids to ensure that she didn't feel like she didn't have her home with her. And even she does her best to deal with being away from them, Genelia told News18.

About setting the right precedent for her children, Genelia added that her kids are at that age when they go to school and are busy. They understand that their mum needs to work. According to her, it is very important to let them know that because they respect, appreciate and learn from us, which is the most important thing.

On the work front, she will be seen playing the lead in two Hindi films, 'Mister Mummy' and 'Trial Period'. She is also a part of an untitled Telugu-Kannada film co-starring Telugu actor Kireeti.

ETimes

Give the kids a break!



Athiya Shetty and KL Rahul have been in a steady relationship for quite some years now, and have recently moved in together. They have built a love nest in a luxurious sea-facing apartment at Mumbai's Bandra. Fans are hoping to see their favourite couple get married, but as Athiya's father Suniel Shetty shared it won't be happening anytime soon.

Suniel revealed that both Rahul and Athiya are too busy with their work commitments to get married. He added that her cricketer-boyfriend has multiple tours and the wedding cannot happen in a day. And hence there is hardly any free time to get married since the wedding isn't a one-day event. He said the couple cannot get married in just a two-day break between matches.

Responding to media, Suniel shared that the wedding will happen as soon as the kids decide. "Rahul has busy schedules, Asia Cup, World Cup, South African tour, Australia tour. The wedding will happen only when the kids get a break. It can't happen in a day, no?"

He further added that Rahul's tournament calender is very hectic and there's only a 1-2 day break, so a wedding cannot happen in a such short time. The wedding will be planned when there's time. Athiya made her relationship with KL Rahul public at the premiere of her brother Ahan Shetty's debut film, Tadap, in 2021. Earlier ETimes confirmed that their wedding is most likely to happen in early 2023, (January-February) unless there is a change of plans.

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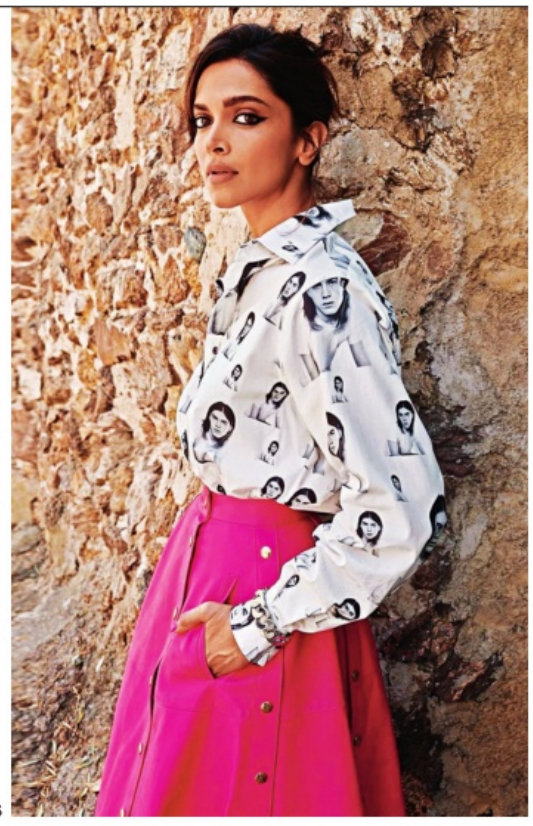
Meme attack!



Those logging into Facebook today, noticed a glitch in the app, causing their feed to show hilarious messages fans posted on celebrity pages. According to the posts, this was visible to several users, even if they didn't follow the celebrity.

Several Facebook users took to Twitter and other social media platforms to complain about a deluge of posts from fans of celebrities such as Taylor Swift, Billie Eilish, Harry Styles, Deepika Padukone, Tom Cruise, Eminem, Ariana Grande and many others. The glitch enabled fans to post random messages and memes on the timelines of their favourite stars. It also took over users' feed, thus suppressing the usual stream of images, videos and other stories shared by friends.

Meta, Facebook's parent company, told Newsweek it was aware "people are having trouble with their Facebook feed" but did not comment on what was causing the issues.

A spokesperson apologized for any inconvenience, and said site engineers were "working to get things back to normal as quickly as possible."

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SANDALWOOD SHOTS

Y MAHESWARA REDDY

Villain to hero

Meet Dhanvith who is ecstatic about getting an opportunity to graduate from villain to hero. Dhanvith's original name is Lakshmikanth Gowda but changed his name as Dhanvith following an astrologer's advice. Dhanvith from Kanakapura, made his debut as a character artiste in Avarta. He played a CBI officer in this movie. Later he got an opportunity to play a villain in Muruga s/o Kanunu.

"I am very happy to get the opportunity to play the hero in Nanna Huduki Kodi. The movie is directed by Vemagal Jagannath Rao. I am undergoing training under stunt master Thriller Manju. Director Vemagal Jagannath Rao has also given me training to act in this movie. It will be an action, love and suspense thriller," said Dhanvith.

The muhurat function of Nanna Huduki Kodi was held at Renukamba Theater at Malleswaram on Wednesday morning. Karnataka Film Chamber of Commerce president Ba Ma Harish, who was the chief guest at the function, sounded the clapboard for the inaugural shot of the movie.

Meenakshi Jaiswal, Nayana Sai, Achyuth Rao, Rangayana Raghu, and Ramesh Pandit are the important star cast in this movie.

Embrace Lucky Man: Sudeep

Kichcha Sudeep is all praise for Power Star Puneeth Rajkumar's forthcoming movie Lucky Man. Sudeep was chief guest at the audio launch of the film on Tuesday evening. "We know the value of people only after losing them. I want to tell people of Karnataka not just to watch this movie (Lucky Man) but to embrace it wholeheartedly," said Sudeep. Choreographer, artiste, director Prabhu Deva recalled how Puneeth had participated in the song sequence. "He is an amazing and versatile actor. I agreed to share the screen space with Puneeth when my brother Nagendra Prasad told me about a special song in the Lucky Man," said Prabhu Deva.

Raghavendra Rajkumar said that he has been struggling to cope with Puneeth's death. "I hesitate to attend any event related to my brother Puneeth as his memories would haunt me for two days after attending the function. My brother was a great fan of Prabhu Deva,"he said.